



Kuk Sool Won™ of Ontario Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30am		5:30-6:30am			
Cardio Wake-up Class		Cardio Wake-up Class			
	9:00 - 10:00		9:00 - 10:00		9:00am
	Morning Class		Morning Class		Under Belt Testing
	All Ranks All Ages		All Ranks All Ages		Monthly
			10:15-11:15		11:00am
4:30 - 5:00		4:30 - 5:00	Home School Program		Quarterly Black Belt Testing
Tiny Tigers		Tiny Tigers			Jan - April
5:00 - 5:30		5:00 - 5:30			July - Oct
Little Dragons		Little Dragons			
5:30 - 6:15		5:30 - 6:15			
Beginner Children's Class		Beginner Children's Class			
6:15 - 7:00	6:00 - 7:00	6:15 - 7:00	6:00 - 7:00		
Advanced Children's Class	Evening Class "Family Class"	Advanced Children's Class	Evening Class "Family Class"		
	All Ranks and Ages		All Ranks and Ages		
7:00 - 8:00	7:00 - 7:50	7:00 - 8:00	7:00 - 7:45		
Teen and Adult Class	Women's Self Defense	Teen and Adult Class	Sparring Class All Ranks All Ages		
All Ranks		All Ranks			
8:00 - 8:30					
Black Belt Class					